Executive Proclamation
State of South Dakota
Office of the Governor

Whereas, Two out of every three Americans are now overweight or obese; and,

Whereas, The number of overweight children ages 6 to 11 has increased by almost 50 percent over the last decade. Obesity significantly increases the risk of developing a number of serious chronic health conditions such as type 2 diabetes, cardiovascular disease, certain cancers, respiratory problems, chronic back pain and depression; and,

Whereas, In South Dakota, 60 percent of adults and 33 percent of school students are overweight, and those numbers are growing; and,

Whereas, Healthful eating and active living are essential to a healthy lifestyle and a better quality of life. Achieving energy balance - balancing the amount of calories eaten with calories burned through physical activity each day - is the best way to prevent weight gain; and,

Whereas, Community commitment toward creating policies and environments which provide opportunities for people to enjoy physical activity and make healthy eating choices on a regular basis are essential for effective, lasting change; and,

Whereas, Teachers, parents, business leaders, and others across the nation are joining together with America On the Move to pledge to make positive changes in their communities with two simple changes; move a little more by taking an extra 2,000 steps, and eat a little less by consuming 100 fewer calories:

Now, Therefore, I, M. Michael Rounds, Governor of the state of South Dakota, do hereby proclaim September 28, 2005, as

AMERICA ON THE MOVE DAY OF ACTION 2005

in South Dakota.

In Witness Whereof, I have hereunto set my hand and caused to be affixed the Great Seal of the state of South Dakota, in Pierre, the Capital City, this Twenty-eighth Day of September in the Year of Our Lord, Two Thousand and Five.

M. Michael Rounds

M. Michael Rounds, Governor

Attest:

Chris Nelson

Chris Nelson, Secretary of State